



One of my favorite pulses to prepare, njahi is one of the richest pulse you will have and my cumin thyme njahi recipe one you will forever love!!! <3



Ingredients

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|--------------------------------------|---|
| 2 cups of njahi | 1 tablespoon of fresh thyme (or 1/2
tablespoon of dried thyme) |
| 1 tablespoon of cumin seeds | 1 tomato, minced |
| 1 red onion, diced | 1 tablespoon of tomato paste |
| 1 cup of finely chopped spring onion | 1 tablespoon of royco |
| 1/2 a cup of chopped dania stems | 1 tablespoon of pepper |
| 4 cloves of garlic, minced | 1/2 a teaspoon of chili |
| 1 tablespoon of minced garlic | Salt to taste |

Method

See video on how to boil the njahi and tips on how to infuse flavor and shorten time taken.

Once the njahi is boiled, set aside.

In the sufuria, add the two onions, dania stems, ginger and garlic. Let this cook until softened and fragrant. Thereafter, add the tomatoes, tomato paste then the thyme, salt and the spices. Add the hot water/stock and allow the spices to cook down.

Once thickened, add the cumin infused njahi, mix them in until coated. Then cover with a lid and let this simmer for about 10 minutes on low heat. Once done. garnish with some dania leaves and dig in!



SERVE WITH: with your fave starch

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/cumin-and-thyme-njahi/>

Video: <https://youtu.be/ij8n9j2iLoU>